



1

Eat healthy breakfast

4

Eat healthy breakfast

Walk around the block (or do more if you feel like you can!)

Drink at least 2 litres of water

Go to bed at the same time every night

7

Eat healthy breakfast

Walk around the block (or do more if you feel like you can!)

Drink at least 2 litres of water

Go to bed at the same time every night

Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

10

Eat healthy breakfast

Walk around the block (or do more if you feel like you can!)

Drink at least 2 litres of water

Go to bed at the same time every night

Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

Eat protein based lunch

Reduce alcohol intake

Meditate for 10mins (I do it before jumping out of bed)

2

Eat healthy breakfast

Walk around the block (or do more if you feel like you can!)

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Go to bed at the same time every night

Take your vitamins daily at the same time

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Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

Eat protein based lunch

11

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Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

Eat protein based lunch

Reduce alcohol intake

Meditate for 10mins (I do it before jumping out of bed)

Increase fruit/veggie intake (plant based meals)

3

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Take your vitamins daily at the same time

Reduce your screen time

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Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

Eat protein based lunch

Reduce alcohol intake

12

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Go to bed at the same time every night

Take your vitamins daily at the same time

Reduce your screen time

Reduce caffeine to 1x a day

Eat protein based lunch

Reduce alcohol intake

Meditate for 10mins (I do it before jumping out of bed)

Increase fruit/veggie intake (plant based meals)

Challenge your brain (read, Sudoku, crossword puzzles etc)



13

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Reduce your screen time
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Eat protein based lunch
Reduce alcohol intake
Meditate for 10mins (I do it before jumping out of bed)
Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet

16

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Eat protein based lunch
Reduce alcohol intake
Meditate for 10mins (I do it before jumping out of bed)
Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner

14

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Eat protein based lunch
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Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet
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Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner
Reduce dairy in diet

15

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Eat protein based lunch
Reduce alcohol intake
Meditate for 10mins (I do it before jumping out of bed)
Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins

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Reduce alcohol intake
Meditate for 10mins (I do it before jumping out of bed)
Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Sudoku, crossworld puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner
Reduce dairy in diet
Gratitude list/journal



19

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Reduce alcohol intake
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Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Suduko, crossword puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner
Reduce dairy in diet
Gratitude list/journal
Do 1x self care item just for you!

20

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Reduce alcohol intake
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Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Suduko, crossword puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner
Reduce dairy in diet
Gratitude list/journal
Do 1x self care item just for you!
Reduce wheat in diet

21

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Walk around the block (or do more if you feel like you can!)
Drink at least 2 litres of water
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Take your vitamins daily at the same time
Reduce your screen time
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Eat protein based lunch
Reduce alcohol intake
Meditate for 10mins (I do it before jumping out of bed)
Increase fruit/veggie intake (plant based meals)
Challenge your brain (read, Suduko, crossword puzzles etc)
Reduce sugar in diet
Make time for social contact
Stretch for 10mins
Eat protein based dinner
Reduce dairy in diet
Gratitude list/journal
Do 1x self care item just for you!
Reduce wheat in diet
Celebrate how far you have come in 21 days!



Fitness | Nutrition | Kinesiology

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